

## **CLAIMS**

1. An adjustable retractor, comprising:
  - an inner ring having a fluid-tight channel into which a fluid may be transferred to dilate the inner ring;
  - an outer ring spaced from the inner ring and having a fluid-tight channel into which a fluid may be transferred to dilate the outer ring; and
  - an elongate sleeve open at opposite ends, the sleeve extending between the inner and outer rings and being connected at opposite ends to the rings.